

# Learning

Toward Well-Being



# Stanford Marshmallow Experiment

In these studies, a child was offered a choice between

- **one small reward** provided **immediately** or
- **two small rewards** if he or she **waited** until the experimenter returned after an absence of approximately 15 minutes.



In follow-up studies, the researchers found that **children who were able to wait longer** for the preferred rewards tended to **have better life outcomes**, as measured by SAT scores, educational attainment, body mass index (BMI) and other life measures.

- 1) Should we be teaching *delayed gratification*?
- 2) What other skills lead to positive life outcomes?

# Famous college dropout billionaires



Bill Gates



Mark Zuckerberg



Steve Jobs

The average net worth of [billionaires who dropped out of college](#) is \$9.4 billion, approximately triple that of Ph.D. billionaires at \$3.2 billion.

According to a recent report from Forrester Research, 20% of America's millionaires never attended college.

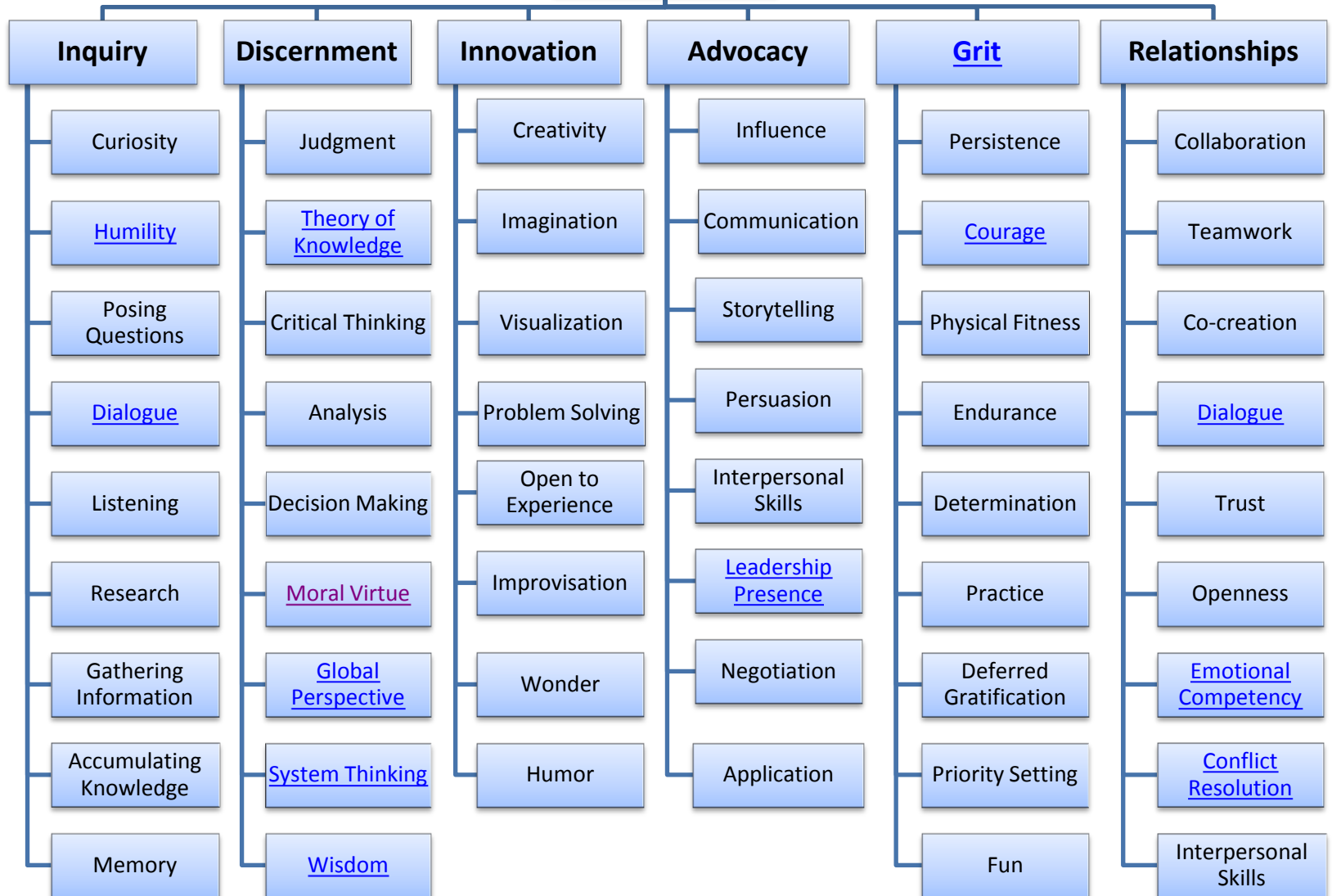
**What have they learned that colleges fail to teach?**

# Grand Challenges

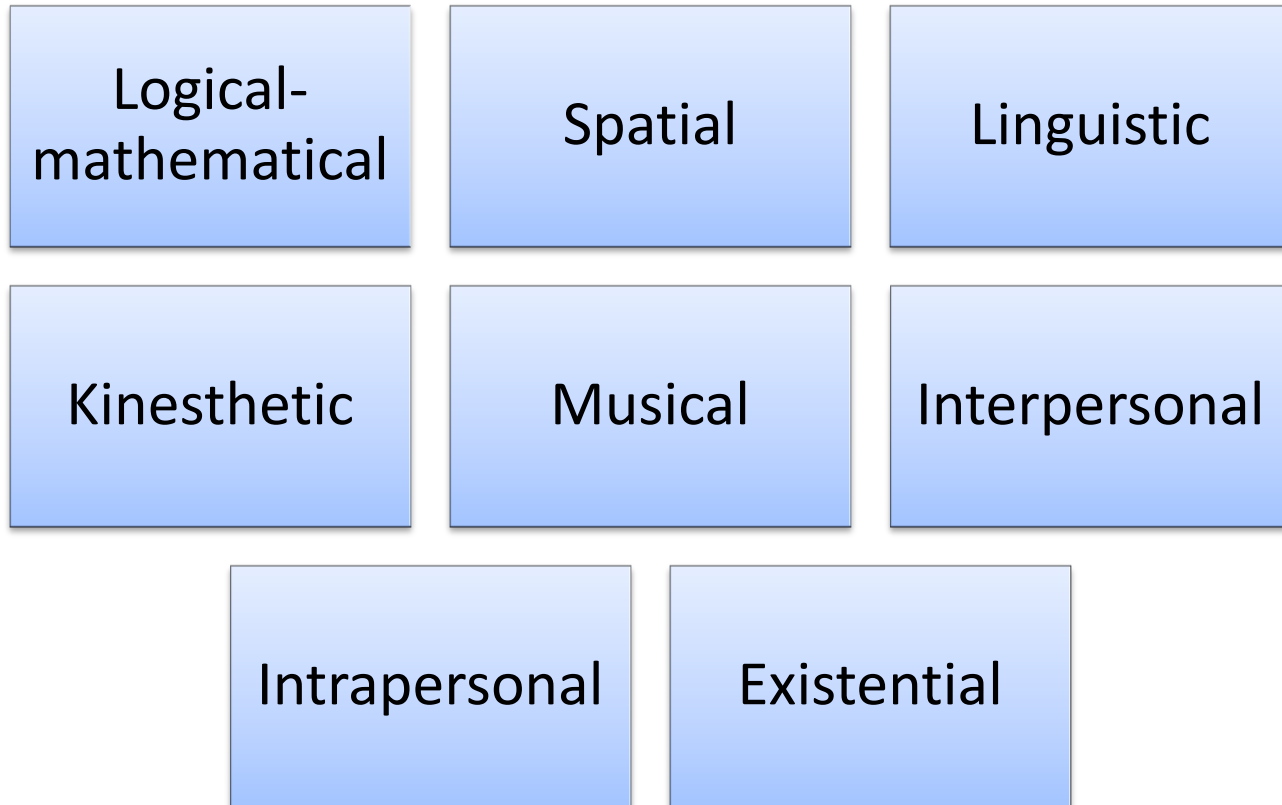
Tomorrow's Education System must prepare us to face these [grand challenges](#):

Safe drinking water	Sanitation	Malnutrition	Obesity	Disease	Substance abuse
Physical fitness	Health Care	Depression	Chronic stress	Suicide	Addictions
Poverty	Homelessness	Education	Unemployment	Oppression	Discrimination
Injustice	Violence	Homicide	Terrorism	Child abuse	Domestic violence
Sexual abuse	Crime	Gang Violence	Gun violence	Organized Crime	Human trafficking
Divorce	Unintended pregnancies	Incarceration	Environmental degradation	Global warming	Deforestation
War					

# Life Skills



# Multiple Intelligences



# Experiential Learning

- **Chess** teaches systems thinking, global perspective, decision making, forethought
- **Soccer** teaches teamwork, improves fitness and stamina
- **Poker** teaches decision making, intrapersonal skills,
- **Construction projects** (erector set, [capsela](#), robot kits, science projects)  
— problem solving, visualization,
- **The [World Peace Game](#)** teaches global perspective, systems thinking, negotiation, advocacy, influence, decision making, conflict resolution
- **[Debate](#)** teaches critical thinking, research, theory of knowledge, communication, influence, advocacy, improvisation

# Well-Being

- **Career or occupational Well-being:** how people occupy their time during the day and whether it is fulfilling. Do you like what you do each day?
- **Social Well-being:** the quality of relationships in people's lives
- **Financial Well-being:** the degree of financial security people have
- **Physical Well-being:** the extent to which people can do what they want to free of pain
- **Community Well-being:** the extent to which people feel safe and are involved in giving to their community

Source: *Wellbeing—The Five Essential Elements*, by Tom Rath and Jim Harter



# What Matters

## **Surviving**

Physiological Needs • Human Rights • Psychological Needs • Maslow's Hierarchy of Needs

## **Thriving**

Dignity • Health, Fitness, and Wellness • Flourishing • Emotional Competency • Family • Progeny and Legacy • Peace of mind, Inner Peace • Beauty, awe • Exploration, discovery, learning • Dreaming • Authenticity • Virtues Development • Courage • Love • Spiritual Development

## **Recreation**

Play • Pleasure

## **Success**

Skills Mastery • Esteem and Recognition • Creativity • Stewardship and Sustainability

## **Significance**

Compassion • Integrity • Values Development • Community • Adopt a Global Perspective • Find your good work

## **Transcendence**

Altruism • Peace on earth, good will toward all • Wisdom



# Learning at the Speed of Thought

## Seeking Challenges:

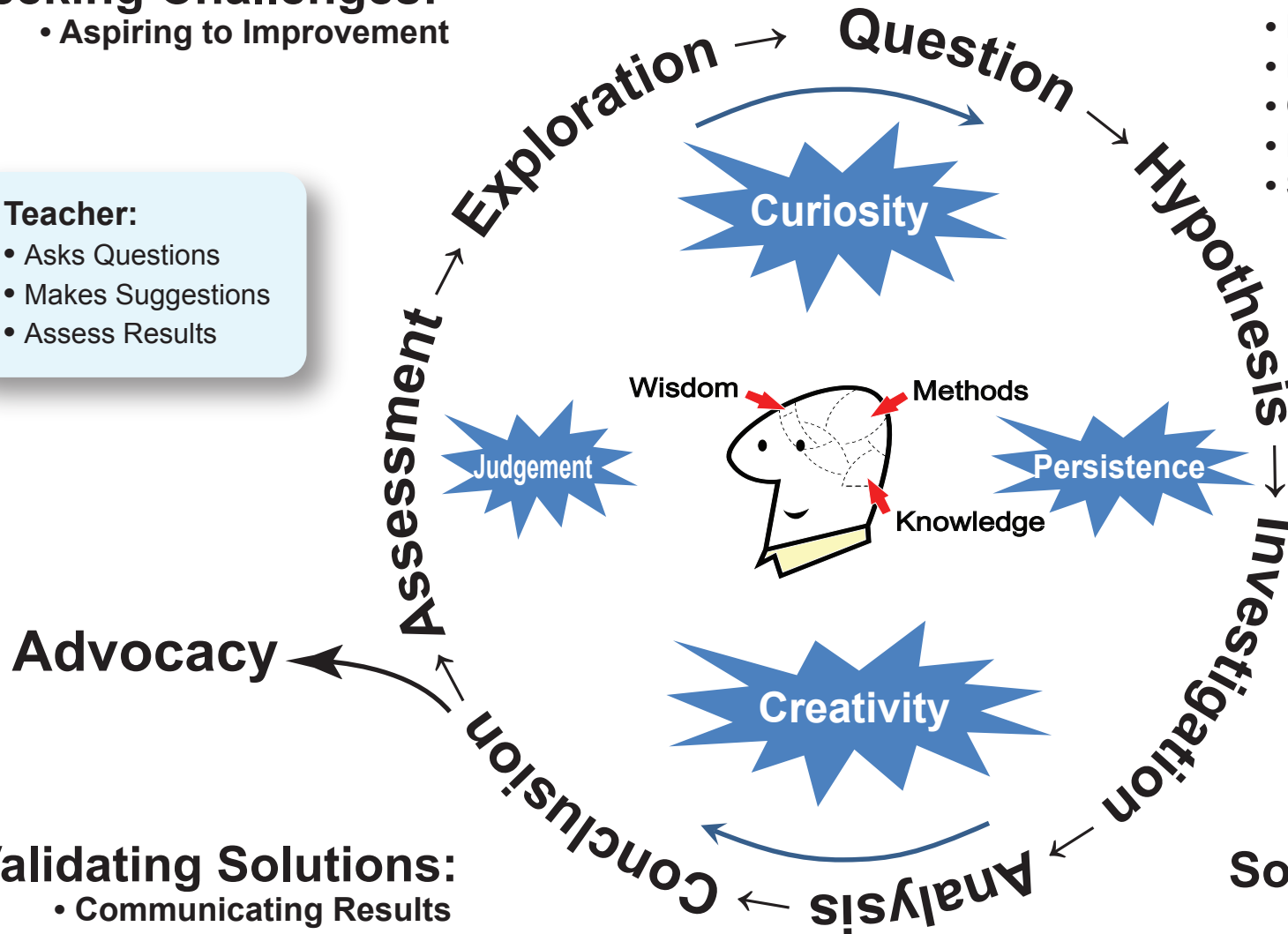
- Aspiring to Improvement

### Teacher:

- Asks Questions
- Makes Suggestions
- Assess Results

## Formulating Problems:

- Perceiving Gaps
- Recognizing Opportunities
- Choosing Goals
- Evaluating Existing Solutions
- Stating the Real Problem



## Validating Solutions:

- Communicating Results
- Applying the Solution
- Observing Effectiveness
- Gathering Feedback
- Assessing Fitness

## Solving Problems:

- Dialogue & Collaboration
- Secondary Research
- Primary Research
- Experimentation
- Practice
- Integrate Findings

# Wisdom Skills

Forty-eight positive human characteristics that have been [associated with wisdom](#)

compassion	responsibility	positive attitude	integrity	acceptance	self-knowledge	detached concern
adopting multiple perspectives	empathy	aliveness	appreciating ramifications	caring	attentiveness	commitment
desiring the good of the whole	cooperation	intuitive understanding	curiosity	willingness to risk	equanimity	fairness
generosity	self-acceptance	discernment	gratitude	deep understanding	hopefulness	wonder
humility	dedication	insight	joy	kindness	nurturance	self-investigation
openness	patience	self-actualization	peacefulness	reflectiveness	respect	self-sufficiency
serenity	sound judgment	truthfulness	vision	appreciating significance	breadth of considerations	